



COMOX VALLEY

# ElderCollege Connector

DECEMBER 2021/JANUARY 2022

## Seasons Greetings!

As we look forward to enjoying a holiday feast with family and friends, our lecture series looks to serve up an eight-course offering of exciting ideas to whet our intellectual appetite entitled: Food for Thought.

In our 'Getting to Know You' series, we profile Kate Clark who has recruited many volunteers and continues to seek your assistance in making the CV ElderCollege the best it can be in all ways. We also introduce our Connector scribe, Michael Bergob, who is co-chair of the Communications Committee and tasked with ensuring our members and the public are informed about ElderCollege in the Comox Valley and beyond.

In January our new course guide will be available with an offering of interesting, exciting, and tasty courses for you to sample and enjoy. Copies will be available in the community and on-line. Registration begins the week of January 17.

If you or someone you know is interested in volunteering with ElderCollege, taking a course, or simply learning more about who we are and what we do, send them our Connector to peruse.

One of the benefits of being a member of the ElderCollege is access to North Island College's library books and on-line journals. Before you go to the library you need to check in with Julian Benedict, our NIC Liaison to ensure you are registered in the library system. Julian requests 24- hours' notice before you go and can be reached at [Julian.Benedict@nic.bc.ca](mailto:Julian.Benedict@nic.bc.ca).

[www.nic.bc.ca/CVEC](http://www.nic.bc.ca/CVEC)

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ElderCollege volunteers wish you all the best for the holiday season and a bright new year full of hope and optimism.

Michael Bergob, Co-Chair  
Communications Committee

## Information Forum Returns!

The Comox Valley ElderCollege invites you and the general public to our Winter 2022 Course Information Forum on Saturday, January 15<sup>th</sup>, 2022. The Forum will be an opportunity, prior to registration opening the week of January 17<sup>th</sup>, 2022, for course leaders to present information that supplements the program guide.

The forum will open at 8:30 a.m. for registrants, and Course Leader presentations will begin at 9:00 a.m. and end by 11:00 a.m.

Please note that online pre-registration for this event is required with online registration closing at noon on Friday, January 14<sup>th</sup>.

Two attendance options will be offered:

1. In person at the Stan Hagen Theatre. NIC COVID protocols mandate the use of a mask for every individual attending, and that proof of vaccination will not be required. Additional details regarding in-person attendance and registration are available at:

<https://cvec-forum-inperson.eventbrite.ca>

2. A simultaneous virtual presentation of the event using Zoom will also be available. Additional details and registration are available at:

<https://cvec-forum-zoom.eventbrite.ca>

PLEASE NOTE: If you are uncomfortable with attending an in-person event of this nature please choose the virtual option (Number 2 above). If you wish to attend in-person, please ensure you bring and wear an approved mask and practice safe personal distancing. You MUST pre-register to attend in-person as limits on seating and access will be in place.

## Volunteer with ElderCollege!

By Kate Clark

Are you wondering what you might do on rainy days?

*Desperately Seeking Susan or Simon* or anyone else who enjoys planning a party. The Volunteer Support Committee needs someone to coordinate next April's Volunteer Appreciation Event. If you are creative, detail-oriented and enjoy seeing people have fun, you may be the person we are looking for.

Enjoy a wide variety of interests? The Curriculum Committee needs a subject coordinator for courses that defy categorization. The position entails seeking out potential course leaders for the subject area "Eclectic," assisting both new and returning course leaders with the completion of a standard form describing course information and communicating with course leaders throughout the academic year.

Are you a “policy geek” with good communication skills? The Operations Support Committee could use some more voting members to join the ‘policy geeks’ who recently joined.

A lot of ‘desperately seeking’ we realize but Kate Clark, Volunteer Recruitment Coordinator, [clarkkate989@gmail.com](mailto:clarkkate989@gmail.com) would love to hear from you if one of these vacancies lights your volunteer fire in any way.

## New Registration Process

Our new registration process is still in development and will not affect how you register for the winter session. When the new system is in effect, we will let you know what has changed and how to navigate the process.

## Winter Courses Update

Courses are set to re-Zoom in January with some options for on-campus learning!

Read on for a preview of courses.

### **African Drumming      3 weeks**

**Instructor: Monica**

**Hofer**

Learn basic techniques on djembe drums and work as a team to create rhythmic orchestrations. We will create our own rhythms and learn at least one traditional African rhythm. We are born into rhythm—everyone can get into the groove. No previous experience



required. Beginners only please. Drums provided.

**Mystics and the Mundane**

**8 weeks**

**Instructor: Robert McDonald**

Mystics aren't mainstream in our rational scientific world because they don't fit in. Yet normal people do have mystical experiences if they just pay attention. They may occur in times of silence, ritual, great emotion, beauty, creativity, or in nature. Each week, we'll read and reflect on mystical writing from different times and traditions, learn about the authors, and share our own reaction or our similar experiences.



**Improv - Welcome Back!**

**8 weeks**

**Instructor:**

**Susan Osso**

Learn techniques actors use to support one another. It's not about being 'on stage,' or becoming an actor, or memorizing lines, but rather an opportunity to stretch the imagination and spark spontaneity. This course is for those new to improv classes, as well as seasoned veterans.



**Taiwan in International Law**

**5 weeks**

**Instructor: Clive Ansley**

This course combines international law with the history of Taiwan to demonstrate that, throughout most of its history, Taiwan was never part of the Chinese empire. For roughly two centuries, it was nominally claimed by China as its territory but was never under China's effective control. The claim that Taiwan is part of China is a myth manufactured by the Chinese Communist Party.



**Vancouver Island**      **1 week**  
**Birds**

**Instructor:**

**Mike Yip**

Well-known nature photographer Mike Yip will present an overview of the common birds of Vancouver Island, which will include discussion of bald eagles and the mysterious white ravens. This is an opportunity to learn more about what you might see at your backyard feeder, as well as birds from farther afield.



## Winter Lecture Series: Food for Thought

Food is the most important commodity in the world and this lecture series will help us become more conscious of the energy and resources needed to produce our food and how more sustainable agriculture sequesters carbon, increases soil fertility, and protects food quality and safety. We will hear from farmers, historians, innovators, and gardeners and explore topics that include seed security, migrant workers, and building resilience in local food systems.



Photo by LUSH Valley

This series is coordinated by Cathie Talbot and Jan Slomp and will feature the following presenters: Elizabeth Vibert, associate professor, Department of History, University of Victoria; Anelyse Weiler, assistant professor of sociology at the University of Victoria; Terry Boehm, farmer and former president of the National Farmers Union of Canada; Darrin Qualman, director of climate crisis policy and action for the National Farmers Union of Canada; David Catzel, manager of the BC Seed Security program for FarmFolk CityFolk; Debra Hellbach, manager, Centre for Seafood Innovation, Vancouver Island University; Linda Gilkeson, former executive director of the Salt Spring Island Conservancy; and Maurita Prato, executive director, LUSH Valley Food Action Society.

## Getting to Know You (Part 1): Kate Clark



Kate is our committed CVEC Volunteer Coordinator. If you joined the ElderCollege team in the past couple of years and you're busy making CVEC the best it can be, that's likely because Kate matched you up with the best fit for your skills, knowledge and passions.

Born and raised in Scotland, Kate moved to Montreal at the age of 20 as a nanny for a Scottish family that was emigrating to Canada. While she initially signed a year's contract, she stayed for 55 more and counting! She became a Canadian citizen and explored her adopted country by visiting all 10 provinces and living in four of them.

She met her husband David in Montreal and they enjoy the company of their two adult daughters, their partners and five grandchildren.

Kate started her early work life as a secretary and nanny. She started an undergrad degree when David went back to get his MBA, based on a "when in Rome" belief. With two young children and a husband's job transfers, it took six years to get a BA and a teaching diploma. Later work life was as a K-9 teacher, including time as a French specialist.

Volunteering has always been a part of Kate's life. She started with her Mum, visiting in a veteran's hospital close to her home in Scotland. As a young



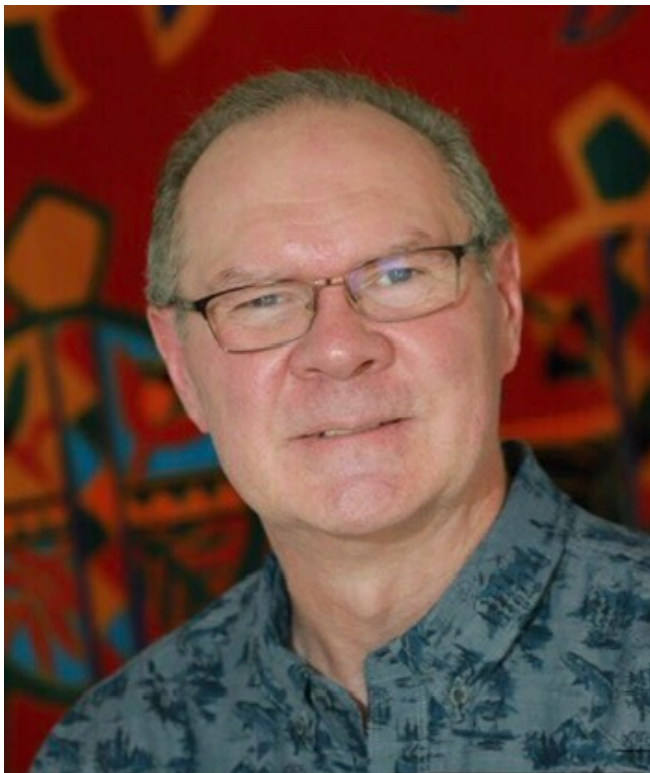


mother she was invited to sit on the Board of the YWCA of Metro Toronto. Kate is now a vital part of ElderCollege and has a continuing association with the Grandmothers' Campaign of the Stephen Lewis Foundation. Kate has volunteered with many other organizations, with a tendency to choose both local and international causes.

In her retirement, Kate enjoys such pleasures as family time, cross-country skiing, walking, yoga, dancing in the park, knitting, reading, all forms of music and playing Bridge and Mahjong.

## Getting to Know You (Part 2): Michael Bergob

We welcome Michael as the new co-chair of the Communications Committee. Michael is an avid writer with numerous publications to his credit and he will



put his skills to good use to produce the bi-monthly Connector and other public-facing communications.

A long-ago graduate of G.P. Vanier, Michael attended a variety of academic institutions, culminating in an M.A. from the University of Victoria. He was recruited by Statistics Canada to work in Ottawa where he concomitantly worked on his doctoral studies in Sociology at Carleton University. One particular

achievement includes the founding and managing of the Canadian Journal of Disability Studies.

Michael has produced articles on governance issues, sociological issues and disabilities as well as organizing and presenting at numerous conferences. He took early retirement due to disability and began a long career in volunteering. Michael is the past President of Dawn to Dawn, where he led the establishment of the community garden at 6<sup>th</sup> and Harmston. He is also a proud member of the Comox Rotary Club, and is now on the ElderCollege executive board.

## For Your Enjoyment

“A mind is a terrible thing to lose!” (George W. Bush) Attend ElderCollege instead!



"Oh, man! The coffee's cold!  
They thought of everything!"



"I judge a man by the shoes he wears."





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